



Entries Wanted for the 1st Annual Theme Calendar

The theme for the 1999 calendar will feature "Michiana Wimmen & Their Trucks." Please send in your photo entry along with a brief description (about the picture), your name, phone number and the best time to contact to: Open Arms (Theme Calendar), P.O. Box 845, Mishawaka, IN. 46546. The best 12 entries (as judged by the contest sponsor) will be used in the 1999 calendar and winners will receive a free calendar. Please send your entries by Dec. 12, 1998

How to Take the "Bah Humbug" out of the holiday season



We are fast approaching the holiday time when "Tis the season to be jolly" is a pervasive theme. However that time has also come for those strangely ironic symptoms that seem inappropriate to the festivities of the holiday seasons. These symptoms which comprise the "Holiday blues" are really quite common and included feelings of depression, anxiety, and exhaustion. The major factor contributing to these "Blues" is the simple realization that the holiday reality doesn't match it's popularized image.

There are several other factors that contribute stressors which exacerbate these negative emotions. Some of these factors include: The pace of holiday activities in general appears accelerated and burdensome; People tend to eat more, drink more, and sleep less; The emphasis on gets, decorations, meals, schedules - and forgetting that people are more important than things, events, or tasks; Distorted expectations of children - putting more emphasis on the commercial gift giving and little attention/time spent WITH children teaching the spiritual values of the season; Assuming all the responsibility for making the holiday a success and if everything is not perfect, it's your fault; This inevitably leads to exhaustion and resentment about not getting more help from others. Sad memories of loved ones no longer near or of a holiday when times were better. Unrealistic expectations that assume a miraculous change of heart on the part of a spouse, significant other, or family member which will then miraculously make your holidays perfect.

Going home for the holidays can cause a multitude of problems- - feeling like a child again in your parent's home when you're a grown adult, resuming family arguments you thought were forgotten through time and distance, or the normal tensions experienced when too many people crowd into small a space during a time when you expect or prefer "family harmony and love".

IF YOU FEEL YOURSELF COMING DOWN WITH THE "HOLIDAY BLUES", HERE ARE A FEW TIPS THAT MAY BE HELPFUL:

Try to be with people you love. For an emotional lift, it's essential to spend time with friends and family and other people in your support system.

Don't discuss major family problems *at all* during the holidays. The time is too short, there are too many distractions and such matters go against the spirit of the season.

If you're missing someone from your life, share this with that person, if possible. Letters, phone calls or direct contact during this time is just fine. If that person has passed away, light a candle and offer some prayers for that person. Acknowledge your feelings with a trusted friend.

Emphasize being with people rather than giving gifts - spending quality time with parents, children, relatives, friends, is more valuable than the amount you spend on gifts for them.

Remember to "pace yourself" - attempt to get adequate rest and relaxation. If shopping malls become exhausting - use catalogs and order through the mail.

Don't over indulge with sweets or alcohol. Pay attention to your nutrition and exercise even during the holiday season.

If you still experience the post "Holiday Blues", you can take heart from the knowledge that this is a normal reaction from a normally stressful time. You will be happy again - it's just a matter of when. As you look back and identify the stressors in your holiday, you can begin to say, "It's no wonder I'm tired", and find helpful ways to rest and restore yourself.

If you are experiencing more than "the blues", or if it seems to last well into February, you may want to explore your feelings with a professional who can give you guidance and counsel.

Here's hoping your holidays are enjoyable and relatively stress free.

Sue Myers, R.N., HNC, LCSW,
Holistic Health Counselor

COMMUNITY EVENTS



"SINGLED OUT"

Sunday, December 6, 3:00 PM

At Linda's house: A get together to generate a little "Christmas Spirit" A sort of make & take. We will make Christmas decorations and/or Christmas cookies. Bring something to make and/or share. We're really flexible on this! The plan is to order pizza for dinner so you'll need to bring a couple of \$\$.

For more info please call Linda: 219-257-9082

or Lynn: 219-259-6801

And remember, come one ,come all, single or not!!

Saturday, December 5, 11 a.m. to 7 p.m.

18th Mid-Winter Crafts Festival with artisans and merchants from all over the country at the Mountain Moving Coffeehouse for Womyn & Children 1650 W. Foster, Ebenezer Lutheran Church , Andersonville, Illinois More information: 312-409-0276

Kalamazoo Gay/Lesbian Resource Center

C.A.R.E.S Building, Lower Level

629 Pioneer Street, Kalamazoo, Mich. 49001

voice mail: (616) 349-4234

SAPPHOS NETWORK

A support/study/social group for North Central Indiana, P.O.

Box 118, Kewanna, IN 46939-0118 (219) 595-7542

NORTH/CENTRAL ALLIANCE

Located in the Kokomo, Tipton, Logansport, Marion and Frankfort area of North/Central Indiana....N/Central Alliance, P.O. Box 186, Kokomo, IN. 46903..Voice Mail 317-454-8868

LESBIAN GROWTH & SUPPORT GROUP

meets Monday nights 7-8:30 pm, Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. Info....219-424-7977

Also in Fort Wayne...G/L/Bi/T Helpline 219-744-1199

Mon.-Thurs., 7-10 pm, Fri.-Sat, 7-12 am, Sun, 8-9 pm

PFLAG (Parents & Friends of Lesbians and Gays)

Meetings are from 2 to 4 p.m. the 4th Sunday of the month at Christ the King Lutheran Church, 17195 Cleveland Road, South Bend. For Info...Nancy 219-277-2684, or Sue 219-277-3012 or write

P.O. Box 4195, S. Bend, 46634-4195

National Organization for Women (NOW)

The Chapter meets the first Wednesday of each month from 7 - 9 p.m., St. Joseph County Public Library, Main Branch, 304 S. Main, South Bend

COMMUNITY SPIRIT

Area's (St. Joseph, MI) newest social/activity group. Meetings

are the 2nd & 4th Wednesday of the month. More info, call Julie 616-982-1300 or Terry Kuseski at 616-925-7371, or e-mail Julie at MsJkk2U@aol.com

LESBIAN SUPPORT GROUP

Every Tuesday 7-9 P.M. For Info, write :

LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

From Pflag:

The Trevor Hotline--Toll-free Hotline for Youth

On August 11, The Trevor Project launched the first round-the-clock national toll-free suicide hotline for gay and questioning youth. It's open 24 hours a day, seven days a week, 365 days a year. Teens with nowhere to turn can call 1-800-850-8078, where they can talk to trained counselors, find local resources and take important steps on their way to becoming healthy adults. All calls are free and confidential. For more information about the Trevor Project, visit www.trevorproject.com

TO LIST YOUR GROUP OR UPCOMING EVENT ON THIS PAGE, PLEASE SEND THE INFORMATION TO PO BOX 845, MISHAWAKA, IN 46546

JAMIE ANDERSON sends along this information:

Plans are underway for a new album, produced by Jim Henry. She will be going into the studio in November and December. The new album will be released early next year and she will be touring the Midwest in April. Look for touring dates in this newsletter.....

NOTRE DAME WOMEN'S BASKETBALL



Wed. Dec. 2	vs. Toledo	7:00 p.m.
Tue. Dec. 8	vs. Connecticut	7:00 p.m.
Sat. Dec. 12	vs. Villanova	2:00 p.m.

Thur. January 7	vs. West Virginia	7:00 p.m.
Sun. Jan. 10	vs. Providence	2:00 p.m.
Sat. Jan. 23	vs. St. John's	7:00 p.m.

ABL games televised on FOX SPORTS:

Dec. 13,	Chicago @ Columbus	4:00 p.m.
Dec. 25,	New England @ Nashville	1:00 p.m.
Dec. 27,	Colorado @ Portland	1:00 p.m.
Jan. 1,	Nashville @ Chicago	4:00 p.m.
Jan. 24,	All-Star Game @ San Jose	4:00 p.m.
Jan. 31,	Seattle @ Portland	1:00 p.m.

OPEN ARMS STAFF

Please send submissions to Open Arms, P.O. Box 845,
Mishawaka, IN. 46546

For more info contact any staff member.....

e-mail address mbdjkj@juno.com

e-mail address suze3@juno.com

Kaye & Marcia.....219-271-0338

Suze.....219-254-8676 (beeper)

SERVICES OFFERED

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Chrome Plated Hearts: Motorcycle repairs & detailing.. 219-522-5162

Rototilling & snowplowing (in season)....219-522-5162

\$\$\$ in Real Estate investing...219-291-2342 or 291-2482

Welding techniques taught by Zealla Flores 219-233-7436 ext. 22

We would be happy to add your service and telephone # to this column for free; just send the information to P.O. Box 845, Mishawaka, IN. 46546

OPEN ARMS MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is discreetly mailed 12 times a year in a security envelope with a P.O. Box return address only. Our mailing list is kept confidential and never given to other publication or special interest groups.

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IN THE NEWS

Off the web.....

LGBT voters win some, lose some

When the final tallies were recorded after the Nov. 3 general election, gay and lesbian voters found reason to celebrate despite several notable defeats. Nationally, gay candidates fared better than gay-related referenda.

The history-making election of lesbian Tammy Baldwin to represent Wisconsin's 2nd Congressional District led in the win column. A progressive Democrat known as a coalition-builder, Baldwin is the first openly lesbian candidate ever elected to federal office and the first woman elected to Wisc. Congressional delegation. Other gays in Congress came out only as incumbents. Openly gay Democrat, Mark Pocan, won the State House seat Baldwin is vacating. Openly gay incumbent, U. S. Rep. Jim Kolbe, Republican, was re-elected by Arizona voters and openly gay Representative, Barney Frank, a Massachusetts Democrat was unopposed in his race. Defeated Congressional hopefuls included Chris Kehoe, in California and Margarethe Cammermeyer in Washington state.

Received via e-mail.....

Looks like Red Lobster, Olive Garden and Bahama Breeze restaurants have joined the ranks of Cracker Barrel in serving up discrimination with breakfast, lunch and dinner. According to The Washington Blade, **Darden Restaurants**, the owner of Red Lobster, Olive Garden and Bahama Breeze restaurants chains, wants to be able to fire employees solely because the employees are gay. Darden Restaurants is going to court in Cook County (Illinois) to try and get the county's human rights ordinance, declared unconstitutional. Their action comes in response to an order from the Cook County Human Rights Commission that they reinstate a gay employee who was repeatedly ridiculed and eventually fired because of his sexual orientation. *This company acknowledges that it did discriminate, and is actively seeking to overturn civil rights legislation, which would open up the doors for countless other forms of discrimination.* There are hundreds of other restaurants out there - ones that aren't using your money to take away the civil rights of those you know and love.

PLEASE BOYCOTT THE RED LOBSTER, THE OLIVE GARDEN & THE BAHAMA BREEZE RESTAURANTS

Justice, Inc.

Seeks Volunteers for

Lesbian Health Project

Speakers Bureau

Voters Registration Drive

For more information, contact

Justice at:

(317) 634-9212 or

e-mail us at

lesbianhealth@justiceinc.org

Justice, Inc., PO Box 2387,

Indianapolis, IN 46206

Justice, Inc. is Indiana's Statewide
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On Gay, Lesbian and HIV issues



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and Her **Dog**
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DEBBIE G.

(219) 254 - 1062

PLEASEING OTHERS IS A SKILL; BEING YOURSELF IS AN ART



Travels with K & M

Need to get away??

If you want to go somewhere, but not sure where, we took a fun little four day trip to the Philadelphia area to see our friends, Barb and Celia, that moved out to Delaware a year ago. While there, we had the opportunity to see the last CZAR of Russia exhibit which was really spectacular. Saturday, we toured around historic New Castle, had a marvelous crab dip at an old English Pub, then went into Philadelphia to see the Liberty Bell and other historic sites. Went to a wonderful bar called Sisters (why don't we have anything that nice around here?) and had a cold one, then on to Giovanni's (a wonderful book store), where Honey bought an arm load of good used books and completed the evening watching a Philadelphia Rage/Chicago Condor (Yes, we do have a professional women's team close now!!) game. We were hoping to see more of Beth Morgan (Notre Dame Grad), but the coach only let her play the last four minutes. Spent the next day resting up from all running, then left to come home. We stopped in Lancaster, PA, outlet center of the East Coast, I do believe, picked up a few bargains, plus visited the Anderson pretzel factory (they make hundreds of brands—including Meijers and Planters—same pretzel, different package. We then drove on to Hershey, PA to see where they make all that yummy chocolate, and to our surprise, Twizzlers.

Becky Lanning, B.S, NCACII, CADAC

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COURT OF FRIENDS

Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to: The Court of Friends, P.O. Box 845, Mishawaka, In. 46546 You will be assigned an ID number. Your letter and ID number will be published in the next issue. Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in PENCIL on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#78.....I am a white female, 48, looking for female. I like all types of music, movies, and practical jokes. I am an occasional drinker. I do smoke, but am cutting down. I like certain sports. Will not tolerate prejudiced people. Looking for a friend first.

#79.....Professional 42 year-old white female, sincere, honest and considered attractive ISO same- -32 to 43 year-old, responsible, honest, warm/kind femme/soft butch for friendship/possible LTR. Interests include but not limited to the outdoors, animals, fireside chatting, dining/dancing and possible romancing. Please...no Bi's, drugs or head games-just open/honest.

Women, Sexuality, and Religious/Spiritual Leadership Project: Initial Survey

Focus: The goal of this survey is to obtain various viewpoints on the role of women within Religious and Spiritual settings, with particular consideration for the role of sexuality issues. There is no specific Religious or Spiritual affiliation for the project. This initial survey is to establish a basis for future research in support of a Master's Thesis and/or grant project. Additional information or interviews may follow. If you do not wish to participate beyond the initial survey, or wish to remain anonymous, begin on number 4. Thank you for your valued information.

Questions and completed surveys should be directed to: Sarah Mast, Initial Survey Coordinator, History Department, University of Wisconsin-Milwaukee, Holton Hall, Milwaukee. WI. 53201.

Or e-mail (if answering questions, please number responses) smast@csd.uwm.edu

1. Name
2. Age
3. Contact information (I.e., address, phone, e-mail)
4. Sex
5. Gender and/or Sexual Orientation
6. Religious or Spiritual Affiliation (i.e., denomination, sect, community)
7. Positions within Religious or Spiritual Affiliation (i.e., member, pastor, elder)
8. Do you think women should hold leadership roles in your Religious or Spiritual Affiliation?
9. Are there limits to the depth of leadership?
10. Do you think Lesbians should be allowed to hold leadership roles in your Religious or Spiritual Affiliation?
11. What scholarship, scriptures, personal experiences or people have influenced your answers to questions 8 - 10? (I.e., popular books such as *When God Was a Woman*, poets such as Audre Lourde, the Bible) TRY TO BE AS SPECIFIC AS POSSIBLE

****Please feel free to copy and share this with others, as this will simply provide a more varied and wider base of research.**

treat's street



SANTA DYKE

By Lee Lynch



How should a dyke or a gay man celebrate the winter holidays?

I'm pretty spiritual, but I'm nowhere near religious. What if I don't observe any of the holy days this time of year, but celebrate the spirit of all of them? I've had Christmas trees with Solstice lights and a menorah burning on the mantle. I've wrapped speculums in aluminum foil and hung them from a collective Solstice tree. I spent one Christmas Day crying into my Crystal Geyser over a break up, fearing the season had been ruined forever.

Has there ever been another time like this, with so many contradictory ideologies and interests driving our lives and sometimes competing with our needs? The radical right can whine about cultural diversity all it wants, but the phenomenon needs no queers or liberals to push it. Long ago I gave up trying to sort out what I SHOULD be doing for the winter holidays.

Kwanzaa, according to MelaNet's online Kwanzaa Information Center, is a holiday which honors the oneness and goodness of life and has no ties to any religion. It's celebrated by many African-Americans from December 12 to 31. The symbols include a straw mat, seven-candle holder and ears of corn while the rituals include stories, songs, candle-lighting, a feast, dancing and preferably handmade gifts. This is an observance created to enhance a culture, taken from its history and preserved for the future.

Some Catholic and Protestant queers may go to midnight services and pay homage to that popularized derivation of goddesses who has existed in a thousand forms since the first mermaid left the water. Other Christians play Santa Claus (who only became the jolly figure we know during the 19th century in New York) for kids in hospitals, neighborhoods, childrens' centers. Still others reject Christmas as pagan while pagan dykes and faeries draw on the ancient festivities of the return of the light.

Observant Jews may celebrate the military victory that inspired Hanukah by eating latkes, lighting candles and bringing out dreidels to spin. Then there are those who play the holiday albums of Johnny Mathis and Barbra Streisand, dancing by the light of red and green candles.

For me this is a time of crafts and cooking, evolved and genetic families, giving and thanking, hibernation and celebration. About mid-December we decorate an artificial tree and sometimes set up an electric train. Lover adorns the house with cards and mostly homemade ornaments and makes cookies. I whip up a cranberry flummery from "The Political Palate," a feminist vegetarian cookbook. We send holiday cards and I make catnip mice like my grandma did. We get together with friends to exchange funny little gifts.

We went to see The Nutcracker this year, a seasonal sometimes-ritual, and it was touchingly pretty. But the show! How militaristic, how het! Except that the little boy roles in this production were played by dashing young girls. Gosh, it would be great to see a lesbian Nutcracker. Have a gay holiday? How? By decorating the nearest gay bar and designating non-gay drivers? Gays are not grinchies. We operate, like African-Americans, within a dominant culture and perhaps will make of our diversity a Kwanzaa of our own.

Lover and I like to look at the lights, invariably called Christmas lights. We pack ourselves and a couple of friends into a car and drive through the dark as if going to grandmother's house in a sleigh. We mock ooh and mock aah, but it really is lovely to see the evocation of the unconquered sun the Romans greeted as the days grew longer.

Last year we visited a botanical garden all done up in colors. It was like a fairyland (see, all the good stuff was originally ours). The house on the grounds was blazing with lights and hot chocolate bubbled on the stove. Other coastal towns give their communities harbor light shows. What is more magical than boats strung with shining non-sectarian colors bobbing on the water?

So, hey! Christians used this originally pagan season to make their own fete, why can't gays redecorate, so to speak? The day that's called Christmas is about honoring the spirit of peace and giving. We're good at that. The ritual is to come together and sing and give gifts and light up the darkness of winter. We've always had to play in the darkness. What the spirit of Christmas needs now is a jolly old Santa Dyke!

I'm dreaming of a gay yuletide with wreaths of mistletoe. I hear carolers singing old gay tunes to midnight masses in the snow. Happy holly days!

OPEN ARMS SUPPORTERS

ATTENTION ADVERTISERS!!!

Advertising rates are billed as follows:

For the calendar year beginning January 1, and running 12 months thru December 31, a business card sized insert (2" x3 1/2") is \$10.00. For a limited time insert, the cost is \$1.00 per month
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December 1998

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 1 Birthday Wishes LIZ W.	 2 Happy B-Day Christina O. & Vivian	Kim W's B-DAY 3 	4	 5 Best Wishes Jackie N.
6	7	8	9	10	11	12 Kelly's B-day 
 13 Best Wishes Tonya L.	14	15	16	17	18	 19 Christine L. & Lisa H. Happy Birthday
20	21	 22 WINTER BEGINS	23	24	25 MERRY CHRISTMAS 	26
CAROL S. 27 	28	29	30	31 Andrea N. 	HAPPY NEW YEAR 	